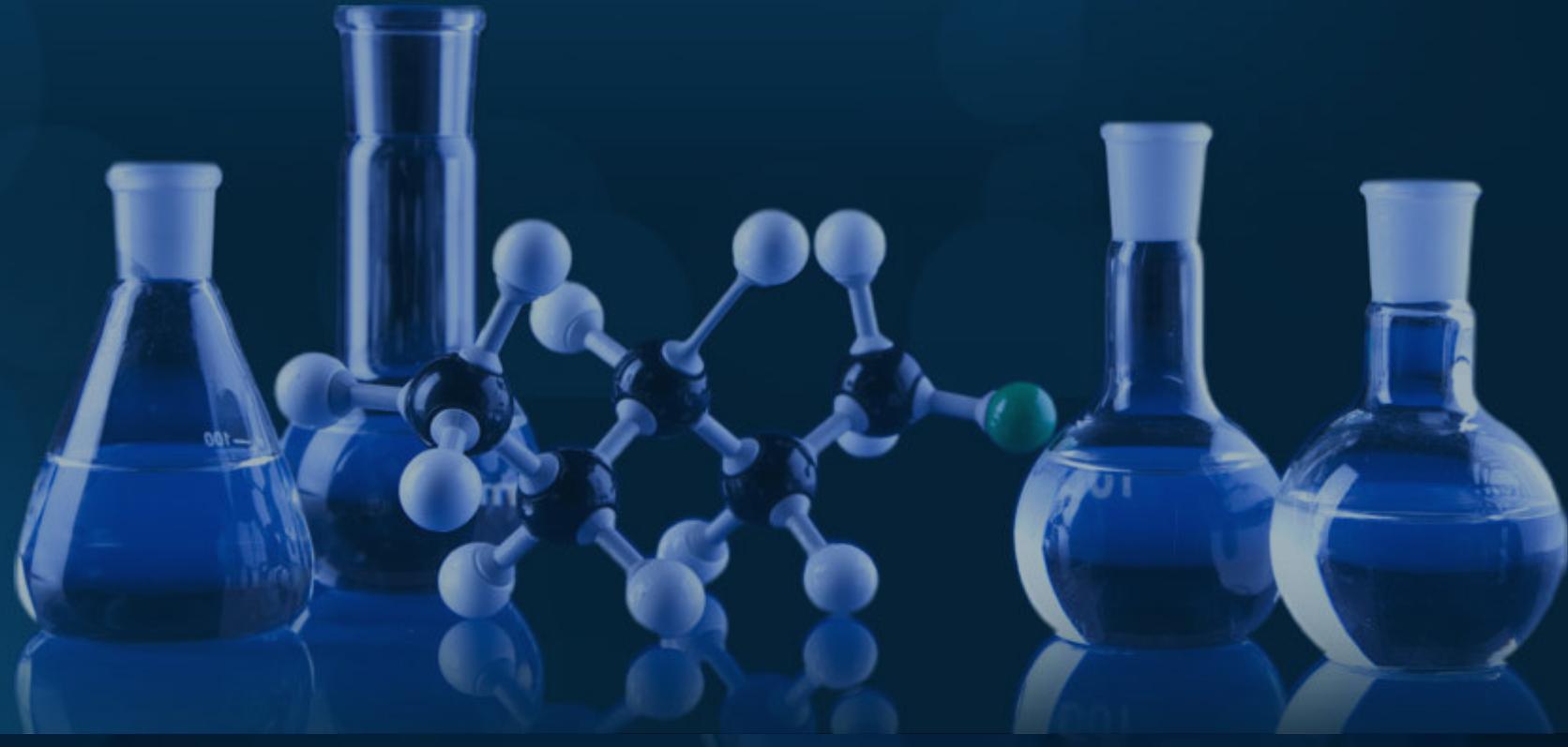




**ARL is an Authority on Nutrition
and the Science of Balancing Body
Chemistry Through Hair Tissue
Mineral Analysis!**

Hair Tissue Mineral Analysis



[home](#) [About](#) [Hair Analysis](#) [Lab Profile](#) [Educational Material](#) [Mineral Information](#) [Contact](#)

Magnesium

[Home](#) » [Mineral Information](#) » Magnesium

Sources Of Magnesium

Nuts -	almonds, brazil nuts, cashews
Vegetables -	soybeans, parsnips
Grains -	buckwheat, wheat bran, wheat germ, other grains
Miscellaneous -	chocolate, cocoa, molasses, brewer's yeast, kelp

Roles In The Body

Sixty percent of tissue magnesium is located in the skeleton. The rest is within the cells, where it performs very essential functions.

Regulation of Cell Membranes - permeability, muscular contraction, nerve impulse conduction and antagonism to calcium.

Enzyme Activation within the cells - magnesium is essential for energy production, and protein synthesis.

Functions Of Magnesium

Excretory -	prevention of kidney stones
Digestive -	laxative
Nervous -	maintains nerve conduction
Muscular -	prevents tissue calcification, needed for muscle contraction
Skeletal -	required for bone formation
Metabolic -	required for energy production, for glucose and fat metabolism, and for protein synthesis
Detoxification -	required for liver activity

Nutrients That Work With Magnesium

- Vitamin D, lactic acid, lactose, high protein diet
- Potassium is a magnesium synergist in many enzyme systems

Hair Analysis Notes

Absorption -	phytates found in grains, fluoride, phosphorus, low-protein diet
Utilization -	calcium. Drinking alcohol lowers magnesium levels. Junk food diets are often low in magnesium

Hair Analysis Notes

High Hair Magnesium:

- often associated with a SLOW oxidation rate, fatigue and depression.
- a high magnesium level often indicates that magnesium is being lost through the hair, resulting in deficiency symptoms such as anxiety and hyper-irritability.

Low Hair Magnesium:

- often associated with a FAST oxidation rate, anxiety, irritability and high-strung personality.

Reasons For Magnesium Supplementation

- to prevent calcium build-up in body tissues
- to enhance energy production and raise low sodium levels

*This material is for educational purposes only
The preceding statements have not been evaluated by the
Food and Drug Administration
This information is not intended to diagnose, treat, cure or prevent any disease.*

Copyright © 2012 -2020